**Assignment: Food Waste Diary**

Please record all usable food which you and your household throw away each day and the reason for doing so. This could be because you cooked too much, the item was past its use by date or had started to go mouldy among other causes.

To record all the unusable food your entire household throws away, you may have to ask the person who buys and prepares the food in your house to help, or place this food diary in the kitchen where everyone can use it. However, we understand that this is not always possible and so you may like to keep this as an individual diary. Here’s an example.

|  |  |
| --- | --- |
| **Day of the week** | **Usable food thrown away** |
| Monday | *Large handful of peas as cooked too much* |
| Tuesday | *Half a pint of milk which was past use by date Two slices of bread as did not eat the crust* |
| Wednesday | *Two bananas that had gone mouldy**Five handfuls of leftover rice from a large takeaway* |
| Thursday | *Half a bag of salad which has gone limp**Large pot of yoghurt past use by date* |
| Friday | *Half a tub of hummus which has been open longer than recommended on the label**Three handfuls of chips as cooked too much* |
| Saturday | *Two handfuls of broccoli which were not eaten at a restaurant meal Half of a sticky toffee pudding at a restaurant as portion too large Slices of kiwi fruit removed from a fruit salad* |
| Sunday | *500g of raspberries which have gone mouldy Six roast potatoes which were uneaten* |

Please fill in the following table by your own.

|  |  |
| --- | --- |
| **Day of the week** | **Usable food thrown away** |
| Monday |  |
| Tuesday |  |
| Wednesday |  |
| Thursday |  |
| Friday |  |
| Saturday |  |
| Sunday |  |

\*This template is adapted from EIT Food ( https://ugc.futurelearn.com/uploads/files/fe/ee/feeec277-86a1-4e47-983a-420279ddc4eb/Food\_Waste\_Diary\_v2.pdf).